



MINUTES

Fit, Fresh and Fun Executive Committee Meeting

Monday, February 25, 2013

3:00 pm – 5:00 pm

City Hall- Mayor's Ceremonial Room

3900 MAIN STREET, RIVERSIDE, CA 92522

MAYOR'S OFFICE (951) 826-5551

Attendees: Karla Adams, Kim Hicken, Jane Adams, Susan Harris, Tami Hays, Terry Roberts, Sarah Osborne, Grizelda Reed, John Breen, Charlotte McKenzie, Miriana Gonzalez, Jim DeWoody, Andy Melendrez, Keith Butler, Karen Roberts, Chuck Sands, Desiree Pagliuso, Dan Anderson, Pamela Lambert, Ted Stream, Rhonda Strout, Alisa Sramala, Ralph Nunez, Wilma Young, Angie Lustrick, Maureen Kane, Mayor Bailey, Josephine Erickson

- 1) Meeting called to order at 3:05pm by Mayor Bailey. Welcome and restating of our mission: The City of Riverside supports a healthy environment which encourages residents to seek Fit, Fresh and Fun activities for a healthy lifestyle. Overall goal is to decrease obesity rates from 56% down to 50%. We toured the newly designed City Hall stairwell which has turned into a place for employees to seek fit activity during their workday.
- 2) Self-Introductions were made and updates about events happening this year. Each group needs to add their events to the City's Community Calendar at www.riversideca.gov, scroll down to the calendar and click on the words "Community Calendar", then look at the left-hand side of the page to "click here" to add submit your event. From there, the RCHF pulls these events to the www.fitfreshfunriverside.com website.
- 3) Maureen Kane spoke about filling out a Fit, Fresh and Fun Interest List – We want to identify the interests of forum members on any of our six goals. No one is committed to these sub-groups by signing up, but it gives the chairs an idea of our resources and expertise on these goals.
- 4) Stephanie Smith from the Riverside Community Health Foundation shared the Start R.I.G.H.T. goals and achievements for 2012, which will also be shared at the City Council meeting on Tuesday, February 26th. Their objective is: A citywide initiative utilizing a systematic approach to provide education and opportunities to improve obesity rates of the residents of Riverside.
- 5) Dr. Dan Anderson from the Riverside Community Health Foundation shared information about the Affordable Health Care Act, which is being called "Covered California". There is 43 million in educational grants available and RCHF is seeking around \$800,000 to go towards outreach work, educational programs to help those now eligible for insurance---individuals who are currently uninsured. Individuals do not sign up for a plan until October 2013 and it will not become effective until January 2014.
- 6) Rhonda Strout shared her sub-group's plan to share the City of Riverside's wellness program with other businesses. They are working on how to get out to the businesses what is already working for the City employees. Working with Nick Adcock, Govt Affairs liaison for the Greater Riverside Chambers of Commerce. We have their conceptual support and will work with Cindy Roth. Two selling points for the businesses to adopt this program are 1) reduce their premiums for health care and 2) simple to use the City's model and roll it out with minimal to zero cost to the employers. There are a lot great programs already out there such as the AHA' FIT Friendly Business awards
- 7) Ralph Nunez and Alisa Sramala-Dawson shared updates on the current community gardens on city property or parks. The city has worked to put policies into place as guidelines and partner with the community to ensure the sustainability of these gardens. There needs to be clearly defined roles and each garden needs to be formed by a Community Group where they vote on their boards, fundraise and recruit volunteers. There is a recently formed council - the Riverside Community Garden Council, which meets monthly and each future garden on city property will need to join this council. Current gardens include: Arlanza Garden – Child Leader Project, Ryan Bonaminio Park at the Tequesquite Arroyo and Eastside Community Garden at Emerson Elementary.
- 8) No additional public comments
- 9) Next meeting will be announced soon. Meeting adjourned at 4:59pm